

## What Does “Study” Mean in College?

In college, the word “study” includes many activities essential to good grades. Unfortunately, many students do not know what to do beyond rereading and cramming when studying for college classes.

Below is a list of important activities for college level study. Some must be done on a regular basis while others are done once or twice per semester. It is important to understand that there are many tasks that must be accomplished to do the job of learning properly in college.

1. Set up a study schedule that includes a minimum of 2 hours of studying for every hour that you are in the classroom. This will vary depending on courses and majors.
2. Rewrite lecture notes as soon after class as possible.
3. Read text assignments and build notes beginning from the 1<sup>st</sup> lecture or textbook.
4. Quiz yourself over & over from notes on a regular basis as soon as you have notes.
5. Self test on a regular basis. Discover what you know and what you don't know before you take a test when you can still do something about it. Do not wait until you get a test back to find out what you have and have not learned. Discover how many times you have to self-test in order to recall all of the details from memory by looking only at the main idea.
6. Form study groups. Compare notes, develop potential test questions and answers, and quiz one another.
7. Do homework.
8. Work on assigned projects (individual and group).
9. Attend SI sessions and get tutoring.
10. Research for & write papers & essays. Start early and do little by little each week.
11. Develop mnemonics, diagrams, charts, & sketches in notes to increase learning and speed recall.
12. Meet with learning skills advisor.
13. Lab practice (language, sciences, etc.)
14. See instructors during office hours.
15. Teaching or tutoring someone else.

### The Pyramid of Efficient Learning

